

WALKING

Walking at Trewern it not all about getting to the top! While we have always got a goal, it is selected to suits the needs of each group, their fitness, and the objectives of the visit. For this, Trewern is perfectly located, with the Black Mountains and Wye valley literally on the doorstep, we can always pick a great walk to fit. Of course, if the point is to get as high as possible, Pen-y-Fan in the Brecon Beacons is a short drive away, which in itself can be made more or less challenging as necessary. On a wet or windy day, when maybe hilltop walking isn't the best choice, we can make the most of some beautiful valleys with spectacular waterfalls, or ancient temperate rainforest. There are great



views, fantastic natural and human history and breath-taking peace and tranquillity wherever we go.

Walking really is one of our most flexible/tailorable activities. We can offer walks that take full days, half days and when appropriate can be evening activities. It's a great combination with a day of on site activities or a local gorge walk.

As a low

impact/low intensity activity, walking is occasionally overlooked, but it really offers something special. That low intensity gives us a chance to get to know each other, to take time to experience the environment in a different way, and develop all sorts of new skills. We can take out our maps and take part in the navigation and leadership for the walk, and we really learn to look after each other and be aware of group dynamics, as we all struggle at one time or another.

We can also learn to read the weather and the landscape and open a world of new experiences:



have you ever been inside a cloud, felt the wind hold your weight as you lean into it, been to the source of a river, or been somewhere you can see into 2 countries and 6 counties (or more) at one time?

Our walks can offer wide open spaces and great opportunities for learning and personal

development. Whatever we do we can guarantee it'll be memorable, and the landscape provides the wow factor!

For something completely different, we do also occasionally walk into Hay, our local town, to experience what it's

like to live in rural Wales. This might include a historical tour, book shop visit (this is the world's first book town), or a spot of souvenir shopping.

As ever, all of our instructors are experienced practitioners, with the right qualifications and experience for the walks we do, and are experts at finding the best walk for their



group. We always carry emergency equipment and supplies suitable for the walk, which might mean taking extra snacks or hot chocolate,

extra warm clothing or packing the sun cream, and have always got a way to provide extra shelter if it's needed. Indeed, group shelters are another memorable experience that most people don't get to take part in!

It is easy to underestimate the benefits of walking as it is an activity that we all undertake daily in our lives. Walking involves teamwork, leadership, personal challenge, mental strength and lots of determination. Come to Trewern and give it a go.

What kit do we need for walking?

We provide:

- walking boots
- rucksack
- waterproofs as required

You need to bring:

- warm clothing (a jumper's probably even needed in summer)
- thick boot socks